

Part I – Agency Profile

Agency Overview

Idaho Public Health Districts were established in 1970 under Chapter 4, Title 39, Idaho Code. They were created by the Legislature to ensure that preventive public health services are available to all citizens of the state — no matter how small or large their county population. It was the intent of the Legislature in creating the Public Health Districts that public health services to be locally controlled and governed. Idaho's 44 counties are grouped into seven Public Health Districts and are governed by policy boards appointed by the county commissioners in those Districts. The District partnership has served Idaho well since 1971 and has received national attention because of the way it provides decentralized public health services designed to meet the unique needs of the citizens of each District. Each Board of Health adopts a budget and defines the public health services to be offered in its district based on the particular needs of the local populations served. Idaho Public Health Districts are not state agencies or part of any state department; they are recognized much the same as other single purpose districts, and are accountable to their local Boards of Health.

While Idaho Public Health Districts are locally based, they share a common vision and mission. Their vision is ***"Healthy People in Healthy Communities."***

The Public Health Districts' mission is to:

- **Prevent** disease, disability, and premature death,
- **Promote** healthy lifestyles, and
- **Protect** the health and quality of the environment.

Although services vary depending on local need, all seven Public Health Districts provide the essential services that assure healthy communities. These may include:

- Monitoring health status and understanding health issues
- Protecting people from health problems and health hazards
- Giving people information they need to make healthy choices
- Engaging the community to identify and solve health problems
- Developing public health policies and plans
- Enforcing public health laws and regulations
- Helping people receive health services
- Maintaining a competent public health workforce
- Evaluating and improving programs and interventions
- Contributing to the evidence based practice of public health

Idaho Public Health Districts make a difference every day and their work touches everyone. They play a critical role in improving and maintaining the health of Idaho citizens. They strive to prevent diseases and help keep the food you eat and the water you drink safe. Idaho is fortunate to have a strong system of Public Health Districts—one that is the envy of many other states.

Core Functions/Idaho Code

As outlined in Idaho Code 39-409, the Public Health Districts are to provide basic health services of public health education, physical health, environmental health, and public health administration. The law also states that services shall not be construed to restrict the programs offered by the local Boards of Health of the Public Health Districts solely to these categories.

While the services provided by Idaho Public Health Districts are not exactly the same in each district, they generally include:

Epidemiology/Communicable Disease Control

Epidemiology is one of the core functions of public health. Idaho Public Health Districts work to investigate, report, prevent, and control communicable diseases by:

- Reporting on over 70 reportable diseases and conditions (IDAPA 16.02.10)
- Investigating and managing outbreaks of communicable diseases (e.g., Cryptosporidiosis, Hepatitis A, Salmonella, Pertussis, Tuberculosis, West Nile Virus, etc.)
- Utilizing the National Electronic Disease Surveillance Systems (NEDSS) that provides a direct link to the Centers for Disease Control and Prevention (CDC)
- Maintaining and utilizing the Health Alert Network (HAN) to rapidly communicate with state and local partners
- Working in partnership with medical facilities and infection control practitioners

Health Education

Prevention is the key to success in public health. Idaho Public Health Districts focus on promoting healthy lifestyles through educational programs. They work closely with local coalitions and community partners to provide the following educational programs:

- Asthma Prevention and Control
- Comprehensive Cancer Control
- Diabetes Prevention and Control
- Fall Prevention for Seniors
- Oral Health
- Physical Activity and Nutrition
- Tobacco Cessation
- Tobacco Prevention and Control

Physical Health

Idaho Public Health Districts strive to maintain the health of families and the community through health district programs and referrals to community partners. Services and/or programs offered include, are but not limited to:

- Child and Adult Immunizations
- Community and Child Health Nursing
- HIV/AIDS Testing and Case Management
- Infant Toddler Program
- Reproductive Health
- School Health
- Sexually Transmitted Disease Testing and Treatment
- Women's Health Check
- Women, Infants and Children Program (WIC)

Environmental Health

Environmental Health recognizes the connection between human health and the health of our environment. Idaho Public Health Districts work to prevent disease and injury through control and protection of environmental factors such as water, air, and food by:

- Permitting and inspecting food establishments
- Monitoring public water systems
- Permitting and inspecting public swimming pools
- Permitting and inspecting subsurface sewage disposal systems
- Approving and inspecting solid waste facilities
- Inspecting child care facilities and providing education for child care providers
- Reviewing proposed subdivision plats for land development and conducting site evaluations

Health Preparedness

Idaho Public Health Districts are working to improve their ability to respond to all types of hazards, ranging from natural disasters, to infectious disease outbreaks, to acts of terrorism by:

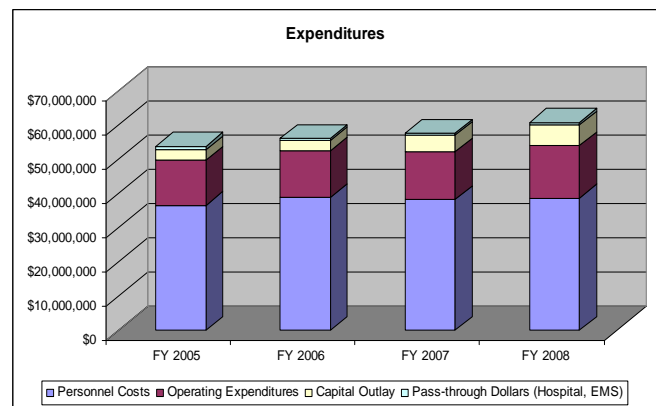
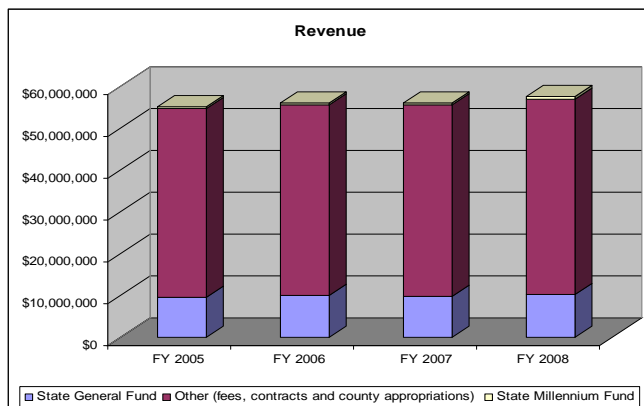
- Exercising all-hazard response plans that have been developed by the health districts
- Planning for and management of the Strategic National Stockpile
- Partnering with public health professionals to ensure they are educated about and prepared for such events
- Working with community partners to develop plans and exercise for surge capacity events

Revenue and Expenditures

Idaho Public Health Districts receive income from four funding sources. Approximately 32% of their income comes from the counties, the State General Fund, and the State Millennium Fund combined. They earn about 26% in fees and another 42% from service contracts. Idaho Public Health Districts are accountable to the State, to local counties, and to the general public to ensure that these limited funds are used efficiently and effectively.

Idaho Public Health Districts are not State agencies; therefore, their entire budget is not set by the Idaho Legislature. The counties that make up each District are responsible for setting and approving the District's overall budget. The portion of funding that is requested by Idaho Public Health Districts from the State's General and Millennium Funds are the only portion of their budget that is approved by the Idaho Legislature.

Revenue	FY 2005	FY 2006	FY 2007	FY 2008
State General Fund	\$9,557,600	\$10,047,900	\$9,809,700	\$10,270,900
Other (fees, contracts and county appropriations)	45,109,600	45,584,800	45,730,100	46,789,000
State Millennium Fund	497,300	336,000	495,600	493,500
Total	\$55,164,500	\$55,968,700	\$56,035,400	\$57,553,400
Expenditures	FY 2005	FY 2006	FY 2007	FY 2008
Personnel Costs	\$36,543,900	\$38,837,000	\$38,120,700	\$38,669,900
Operating Expenditures	13,256,500	13,594,100	14,104,400	15,186,200
Capital Outlay	2,974,500	2,939,700	4,759,800	6,235,700
Pass-through Dollars (Hospital, EMS)	1,053,800	746,500	691,000	663,200
Total	\$53,828,700	\$56,117,300	\$57,675,900	\$60,755,000



Profile of Cases Managed and/or Key Services Provided

Cases Managed/Services Provided	FY 2005	FY 2006	FY 2007	FY 2008	Benchmark
1. # Communicable Disease Reports & Investigations	N/A	3,596	6,988	7,196	N/A
2. # Preparedness Efforts	N/A	*	1,063	699	350
3. # Health Education Classes	N/A	13,162	9,327	7,202	10,000
4. # Environmental Health Inspections	N/A	15,663	18,271	16,782	17,600
5. # Child Care Inspections	N/A	3,625	3,973	3,015	3,500
6. # Women, Infants and Children (WIC) Clients	N/A	70,546	70,625	74,615	70,000
7. # Reproductive Health Clients Served	N/A	30,669	33,453	30,073	25,000
8. # Individuals Receiving Tobacco Cessation	N/A	1,457	2,227	2,045	1,750
9. # Children Receiving Fluoride Mouth Rinse	N/A	34,974	34,145	35,765	30,000
10. # Adult and Child Vaccines Given	N/A	Adult 69,793	Adult 71,920	Adult 57,134	Adult 70,000
		Children 83,972	Children 99,782	Children 114,286	Children 98,000

Cases Managed/Key Services Highlights

- Communicable Disease Reports & Investigations: Epidemiology is essentially the study of diseases, their causes, and patterns. It is core to the foundation of public health. To accomplish this, Idaho Public Health Districts investigate and report on over 70 diseases/conditions that are legally reportable according to the Rules and Regulations Governing Idaho Reportable Diseases (IDAPA 16.02.10). Most of these diseases have been around for decades, while others are newly emerging (like West Nile virus) or re-emerging (like Tuberculosis). In FY08, the number of disease reports and investigations remained fairly steady over the previous year; however, public health staff investigated many more cases of Cryptosporidiosis (544 confirmed cases, up from 37 cases in FY07) and fewer cases of West Nile Virus (140 confirmed cases, down from 998 confirmed cases in FY07).
- Preparedness Efforts: Planning for public health emergencies (e.g., natural disasters such as earthquakes, floods, or wildfires; severe weather such as blizzards; disease outbreaks; and bioterrorist events) has become a major focus of Idaho Public Health Districts. To achieve this end, Districts collaborate closely with local community partners and state agencies to assess, plan, exercise, and evaluate community response capacity.
- Health Education Classes: Idaho Public Health Districts provide information and education to individuals, community groups, businesses, and the general public about physical, behavioral, environmental, and other issues affecting the public's health. The decrease in the number of classes provided can be attributed, in part, to more one-on-one education being provided as well as changes in the focus of some programs from education to policy efforts. In addition, Idaho Public Health Districts have had the opportunity to implement educational opportunities through on-line training available on their websites (i.e., Food Handlers Certificate). Many individuals are taking advantage of this option rather than attending in-person classes.
- Environmental Health Inspections: Idaho Public Health Districts review plans, inspect construction, and monitor compliance of all regulated organizations, entities, developments, and individuals who may impact the health of the environment and the public. FY07 is indicative of a peak year in land development and residential construction; whereas, FY008 shows a slowdown due to national economic impact, which is actually more in line with the normal trend line for the number of inspections performed. Specifically, a decrease mainly in land development and in the issuance of septic permits has been observed.

5. Child Care Inspections: Idaho Public Health Districts also conduct annual inspections of child care facilities to provide a level of protection to Idaho's children. The decrease in the number of inspections in FY08 is mostly due to two changes made in July 2007 in the Idaho Child Care Program (ICCP) requirements. First, prior to that time, a person who wanted to become a relative or group daycare provider could attend an orientation meeting, set up their daycare, and then operate for three months because they were allowed 90 days to meet the CPR/First Aid training requirements. After three months, some providers would drop out after receiving three checks with no intention of obtaining their CPR/First Aid certification. Now, the CPR/First Aid training is required up front before a payment is received by the provider. This has eliminated these short term establishments. Second, ICCP added the requirement that the provider sign a release statement that allows STARS to check their name against the Idaho child abuse registry.
6. WIC Clients: The supplemental nutrition program for Women, Infants, and Children (WIC) is provided by Idaho Public Health Districts. The WIC nutrition program helps pregnant and post-partum women, infants, and children save money, eat well, learn about nutrition, and stay healthy. WIC participants are informed about other services available to them in the community. The WIC program is provided at no cost to eligible families. Due to increasing food and fuel costs Idahoans are experiencing, more and more eligible residents are deciding to take advantage of this free program.
7. Reproductive Health Clients: Idaho Public Health Districts offer free or reduced cost access to reproductive health care to clients based on their income. In FY08, we saw 30,073 family planning clients; 82.5% of these clients were 150% or below the federal poverty level and paid very little or nothing for their services. Title X clinics are funded through health district dollars, fees, and Title X federal dollars. Public health Title X clinics are often the only access point into the health care system that is an option for our underinsured/uninsured Idaho residents. Unfortunately, during the last year, some Idaho Public Health Districts experienced challenges in attracting and retaining mid-level health care providers. This is attributed to the low wages (as compared to the private healthcare industry) Idaho Public Health Districts are able to offer for this type of position. As a result, reproductive health clinics were understaffed, which meant fewer clients were able to be seen.
8. Tobacco Cessation: Idaho Public Health Districts facilitate tobacco cessation programs for Idaho citizens at no cost to participants. Funding for this program is provided through the Idaho Millennium Fund. In FY08, the Public Health Districts served 2,045 cessation participants. Of these, 1,157 were adults; 263 were pregnant; and 625 were teenagers. The overall quit rate for all participants was 36% and an additional 42% reduced the amount they smoked. Participation in this program fluctuates slightly from year to year; however, this program continues to provide a valuable health benefit to Idaho's citizens.
9. Fluoride Mouth Rinse: Idaho Public Health Districts facilitate fluoride mouth rinse programs in school districts without adequate fluoride levels in the water. This prevention approach helps to strengthen the teeth of children who are at greater risk of dental decay. Each year the health districts evaluate water levels of fluoride and work to provide this service to more children annually. Public health continues to approach schools with low levels of fluoride in an effort to reach more children with this valuable service.
10. Vaccines Given: Idaho Public Health Districts connect adults and children with disease-preventing vaccines, either through clinics at the health district sites or through private healthcare providers. The decrease in adult vaccinations is attributed, in part, to fewer adult flu vaccinations being given at the Public Health Districts. The dynamics of flu vaccination clinics have changed over the past few years. Flu vaccine is more readily available in the community at pharmacies, retail stores, and physician offices, which means fewer people are attending flu vaccination clinics held at the Public Health Districts.

However, Idaho Public Health Districts are providing more child immunizations as a result of Idaho changing its vaccination requirements for school entry, which added an additional dose of DTaP (diphtheria, tetanus, and pertussis) and MMR (measles, mumps, and rubella) for all children entering school. Furthermore, Public Health Districts promote that children be vaccinated against Hepatitis A, Rotavirus, pneumonia, meningitis, human papillomavirus, and influenza even though these vaccinations are not required for school entry.

Part II – Performance Measures

Performance Measures	2004	2005	2006	2007	Benchmark
1. Percent of adults who smoke ¹	17.4%	17.9%	16.8%	19.1%	< 21.6 % National %
2. Percent of adults diagnosed with diabetes ¹	6.2%	6.8%	6.8%	7.9%	< 7% National %
3. Percent of adults who are overweight and/or obese ¹	58.2%	61.4%	59.7%	64.2%	< 40% National %
4. Percent of adults diagnosed and still had asthma ¹	7.9%	7.3%	9.2%	8.7%	5.9% -10.7% National %
5. Teenage pregnancy rates (15-19 year olds) ²	45.2	44.7	46.5	N/A	43/1,000

¹ Data obtained from: *Idaho Behavioral Risk Factors* (Results from the 2007 Behavioral Risk Factor Surveillance System-BRFSS)

² Data obtained from: *2006 Idaho Vital Statistics*; Idaho Department of Health and Welfare, Bureau of Health Policy and Vital Statistics

Performance Measure Highlights

1. **Adults who Smoke:** Idaho Public Health Districts work to reduce the burden of tobacco-related morbidity and mortality through prevention and cessation efforts. They work to achieve the Centers for Disease Control and Prevention (CDC) goals to: prevent initiation of tobacco use by youth; promote tobacco cessation among users; eliminate exposure to secondhand smoke; and identify and eliminate tobacco-related disparities. While the rate of smokers has increased slightly, Idaho is still below the national rate. Through a targeted, multi-faceted approach, Idaho Public Health Districts facilitate cessation programs, provide advocacy for policy development, and provide education and awareness for youth and adults and work to make Idaho a smoke-free environment.
2. **Diabetes:** Diabetes is a serious chronic disease which often increases a person's risk for other serious health problems such as heart disease and stroke. One out of every three people with diabetes is unaware they have this chronic disease. Idaho Public Health Districts work closely with community partners to provide community health education; professional education for medical providers; and policy development designed to facilitate prevention, early diagnosis, and comprehensive treatment. Education efforts focus on blood pressure control, blood glucose control, reducing cholesterol, regular eye care, and regular foot exams. More Idahoans are being diagnosed with diabetes. This is due, in part, to more proactive and earlier testing of individuals by healthcare providers. The earlier an individual is diagnosed, the sooner he can take efforts to help reduce complications from the disease.
3. **Overweight/Obesity:** According to the Idaho Behavioral Risk Factor Surveillance System (BRFSS), the proportion of overweight and obese adults increased from 41.2% in 1988 to 64.2% in 2007. Over six out of every 10 Idaho adults are overweight and/or obese. During the past year, Idaho Public Health Districts worked with schools throughout the state to assess the Body Mass Index (BMI) of third grade students. Idaho Public Health Districts will use this information to partner with schools, policy makers, community organizations, and other groups in an effort to help lessen childhood obesity through increased physical activity and improved nutrition using best practice programs. By focusing on teaching children how to incorporate these lifelong habits, it will help combat the rise in obesity in children before they become overweight adults.
4. **Asthma:** The Asthma Prevention and Control program provided by Idaho Public Health Districts helps increase awareness about asthma prevention and incidence. The Public Health Districts utilize a variety of strategies to assist health care providers, schools, and those with asthma in managing this health issue. Some of these strategies include working with health care providers to promote Asthma Action plans for their patients, providing community education through the Healthy Homes Head Start program, and working with school educators in an effort to reduce the incidence of asthma triggers at school.

5. **Teen Pregnancy:** Most teenagers don't plan to get pregnant, but many do. Teen pregnancies carry extra health risks to the mother and the baby. Often, teenagers don't receive timely prenatal care, and they have a higher risk for pregnancy-related high blood pressure and its complications. Risks for the baby include premature birth and a low birth weight. Idaho's teen pregnancy rate showed a 1.8% rise from last year. That means about 46.5 births for every 1,000 teenage girls in 2006, up from 44.7 births in 2005. Idaho Public Health Districts provide education to teens on pregnancy prevention in local high schools as well as one-on-one education in our reproductive health care clinics.

For More Information

If you would like more detailed information concerning the Public Health Districts of Idaho and the services they provide, you may download a copy of health districts' **"Strategic Plan: Fiscal Year 2008 Report"** that is available on each health district's website or contact any of the District Directors below.

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